



TEXAS DEPARTMENT OF HEALTH  
AUSTIN, TEXAS  
INTER-OFFICE MEMORANDUM

#01-120

**TO:** Regional Directors  
Directors, Local Health Departments  
Directors, Independent WIC Local Agencies  
Acting Chief, Bureau of Regional/Local Health Operations

**FROM:** Barbara Keir, Director {Original Signed}  
Division of Public Health Nutrition and Education  
Bureau of Nutrition Services

**DATE:** November 2, 2001

**SUBJECT:** Santa Fe Community College Spring Semester will begin January 28, 2002.

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Santa Fe Community College (SFCC) Spring Semester will begin January 28, 2002. The State Agency encourages all WIC staff to take advantage of this great opportunity to further your nutrition knowledge and background. **Online registration for the Spring 2002 semester will be offered November 10 to December 7, 2001 and January 2-15, 2002.** Late registration is not accepted. All registration is done online at <http://www2.santa-fe.cc.nm.us/nutrition>. Payment is required by the time the class starts and the State Agency will reimburse after successful completion of the course. Textbooks are WIC allowable expenses. Local agencies can decide whether the agency or the student will purchase the textbook.

The following courses will be taught during the spring 2002 semester. Textbook information is included and can also be found at the website.

### **HED200: Nutrition**

This three credit course presents basic principles of nutrition, including functions, interactions and human requirements of nutrients and the role of nutrients in maintaining health. Presented in a 12 week format.

Required Textbook: Whitney and Rolfes, Understanding Nutrition, 9th edition, 2002, Wadsworth Publishing Co. ISBN/ISSN 053-459-0047.

Please note: You are strongly encouraged to purchase the 9th edition of the textbook, in the event that you do not already have the book. However, if you already have access to the 8th edition, it will work OK for the course.

You can order the textbook (9th edition) directly from the Thomson Learning website using a credit card:

1. Load the Thomson Learning website  
<http://www.thomsonlearning.com/catalog/>

2. Click on "Consumer Catalog for Lifelong Learners" and put the ISBN in for product search (053-459-0047).

### **HED205: Nutrition in the Lifecycle**

This three credit course presents the basic principles of nutrition including functions, interactions and human requirements of micro and macro-nutrients and their roles in maintaining optimum health throughout the life cycle. Presented in a 12 week format.

Required Textbook: Rolfes, DeBruyne and Whitney, Life Span Nutrition, 2nd edition. Wadsworth Publishing Co. ISBN/ISSN 0-534-53834-7

Prerequisite: HED 200

### **HED206: Community Nutrition**

This three credit course presents the application of community health principles to nutrition programs for individuals and groups. Presented in a 12 week format.

Required Textbook: Boyle and Morris, Community Nutrition in Action: An Entrepreneurial Approach, 2nd edition. Wadsworth Publishing Co. ISBN/ISSN 0-534-53829-0

Prerequisite: HED 200

### **HED221: Diabetes Management**

This comprehensive three credit course reviews the various types of diabetes mellitus, and the prevention and management of diabetes mellitus. It includes information on blood sugar control, insulin and medications, nutrition and exercise recommendations, and prevention of complications. Presented in a 12 week format.

Required Textbook: American Diabetes Association Complete Guide to Diabetes, 2nd edition, 1999. ISBN: 1580400388

Please note: There are several versions of this book available. Please be sure you purchase the book with the ISBN number listed above. (The book cost is approximately \$20.00, and it's approximate dimensions are 1 x 10 x 8 inches in paperback.)

Note: Santa Fe Community College is a two year institution. These are college credit courses, and although the credits should transfer to a four year college, the class may not substitute for the same class at a four year college. If you have questions about this issue, please contact Gretchen Scott, SFCC Instructor, at (505) 428-1311.

If you have questions about the registration process or classes, please contact Mr. Carl Shearer, Santa Fe Community College at (505) 428-1406. If you have questions or require additional information, please contact Ms. Mary Van Eck, Nutrition Education Coordinator, Bureau of Nutrition Services, at (512) 458-7111, extension 3484.